



With its alternative health therapies and ancient massage techniques, this tropical paradise is the ultimate treat

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✈️ travel: Spas

Spa tourism in Thailand is booming and no wonder – this is a land where mind, body and spirit have always been important. Plus, what could be better than enjoying all the benefits of hydrotherapy and healing massages surrounded by exotic orchids and the scent of jasmine?

You can get a massage or beauty treatment at rock bottom prices on the beach, at the local temple's massage centre or one of the many massage and manicure parlours in most towns.

This is strictly no-frills though, without an essential oil in sight. If it's a haven you're looking for, you'll need to head to one of the super-luxurious hotel spas featured here.

GOOD VALUE

SIX SENSES SPA AT THE EVASON HUA HIN



BEST FOR
Indulgence, meditation and pampering

The aim at Six Senses Spa is relaxation,

revitalisation and indulgence, and the stunning beachfront location in the south of Thailand certainly helps.

One of the 10 treatment rooms, known as 'the womb', is the cave-like home of reiki practitioner and yoga expert Derrick 'Asaf' Gooch. During a yoga session here (£30), you're encouraged to switch off from the outside world to diminish stress and re-energise.

For pampering, book a Thai Body Smoother (£18) – it's a

25-minute exfoliating treatment with an exotic blend of papaya, pineapple and aloe vera.

There's also a huge swimming pool, tennis courts, fitness centre and games room. And for total star style, book a private pool villa.

LUXURY RATING Simple but exquisite: whitewashed walls, friendly staff and orchids aplenty. Indulgence rules here. **WHAT ELSE CAN I DO?** Visit the Khao Wang Palace on Mount Mahasawan, dine out on the pier and pick up some bargains in the night markets. **PACKAGES** From £465 per person for four days/three nights (twin share). Visit www.sixsenses.com/evason-huahin/ or call 0151 486 4500.

MID-RANGE

ANANTARA RESORT & SPA, GOLDEN TRIANGLE



BEST FOR
The views, culture and Ayurvedic (ancient healing) treatments

Set in the

Golden Triangle, in the far north, the new Anantara Resort and Spa has dramatic views across the jungle, the green, rolling hills of Laos and Myanmar (Burma), and the Mekong River. It has an elephant camp, too, should you fancy some trekking!

Five treatment areas include herbal steam rooms and private outdoor decks with either a soaking tub or a Thai massage platform. Treatments